

AREA OFFICE ON AGING OF NORTHWESTERN OHIO, INC.

AUGUST 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/1/2022 Broccoli/Spinach Omelet OR Turkey Breast with Gravy Brown Rice Stewed Tomatoes Wheat Bread Fresh Fruit Milk Margarine Diet - Same	8/2/2022 Pineapple Chicken OR Pepper Beef Steak Country Potatoes Herbed Green Peas Wheat Bread Fresh Fruit Milk Margarine Diet - Same	8/3/2022 Turkey Chef Salad OR Ham Chef Salad Pasta Salad Saltine Crackers Fresh Fruit Ranch Salad Dressing Milk Diet - Same	8/4/2022 Meat Bow Tie Casserole OR Chicken Cacciatore Whole Kernel Corn Broccoli and Carrots Wheat Bread Fresh Fruit Milk Margarine Diet -Same	8/5/2022 Hamburger Patty OR BBQ Pork Rib Pattv Baked Beans Oven Roasted Potatoes Hamburger Bun Oatmeal Raisin Cookie Milk Margarine Diet - Same mustard/ketchup
8/8/2022 Lemon Pepper Chicken OR Beef Stroganoff Lima Beans Broccoli and Cauliflower Wheat Bread Fresh Fruit Milk Margarine Diet - Same	8/9/2022 Ham and White Beans OR Cranberry Dijon Chicken Herbed Green Beans Garden Veg Blend Dinner Roll Peach Cobbler Milk Margarine Diet - Hot Peaches	8/10/2022 Teriyaki Meatballs OR Roast Beef with Gravy Oven Roasted Potatoes Glazed Carrots Wheat Bread Fresh Fruit Milk Margarine Diet - Same	8/11/2022 Macaroni and Cheese OR Meat Fiesta Macaroni Spinach Succotash Wheat Roll Sugar Cookie Milk Margarine Diet - Graham Crackers	8/12/2022 Pork Roast OR Liver and Onions Whipped Potatoes Green Peas Wheat Bread Fresh Fruit Milk Margarine Diet - Same
8/15/2022 Meatloaf and Gravy OR Pineapple Chicken Whipped Potatoes Herbed Green Beans Wheat Bread Fresh Fruit Milk Margarine Diet - Same	8/16/2022 Chicken Noodle Casserole OR Beef with Mushroom Gravy Spinach Whole Kernel Corn Wheat Bread Sugar Cookie Milk Margarine Diet - Graham Crackers	8/17/2022 Glazed Ham OR Pasta Primavera Baked Sweet Potato Garden Vegetable Blend Wheat Bread Mixed Fruit Cup Milk Margarine Diet - Same	8/18/2022 Taco Meat OR Faiita Chicken Mexican Rice Mixed Beans Flour Tortilla/Lett/Tomato Fresh Fruit Milk Taco Sauce/Sour Cream Diet - same	8/19/2022 Turkey Chef Salad OR Ham Chef Salad Three Bean Salad Saltine Crackers Fresh Fruit Milk Ranch Salad Dressing Diet - Same
8/22/2022 Pork Roast OR Mushroom Chicken Brown Rice Brussel Sprouts Dinner Roll Fresh Fruit Milk Margarine Diet - Same	8/23/2022 Beef Italiano OR Honey Mustard Chicken Baked Potato Broccoli and Carrots Wheat Bread Fresh Fruit Milk Margarine Diet - Same	8/24/2022 Lemon Pepper Chicken OR Savory Beef Patty Oven Roasted Potatoes Mised Vegetables Wheat Bread Chocolate Chip Cookie Milk Margarine Diet - Graham Crackers	8/25/2022 Spaghetti with Meat Sauce OR Spinach Lasagna Green Beans Breadstick Apple Crisp Milk Margarine Diet - Spiced Apples	8/26/2022 Chicken A La King OR Beef with Gravy Whipped Potatoes Peas & Carrots Wheat Bread Fresh Fruit Milk Margarine Diet - Same
8/29/2022 Swiss Steak OR Garlic Rosemary Chicken Whipped Potatoes Glazed Carrots Wheat Bread Pineapple Tidbits Milk Margarine Diet - Same	8/30/2022 Vegetarian Chili OR White Chicken Chili Brown Rice Stewed Tomatoes Corn loaf muffin Chocolate Chip Cookie Milk Margarine Diet - Graham Crackers	8/31/2022 Sloppy Joe Meatballs OR Chicken Primavera Whole Kernel Corn Brussel Sprouts Wheat Bread Fresh Fruit Milk Margarine Diet - Same		